



Forget ME Not



A Newsletter of the Maine Alzheimer's Project

Fall 2004

Romaine Turyn,
Maine Alzheimer's
Project Director

Mark Richards,
Editor

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Maine Alzheimer's Project Receives Three-Year Grant

The Maine Alzheimer's Project is the recipient of a three-year grant recently awarded to the Bureau of Elder and Adult Services by the Administration on Aging. The funds will be used to increase services to persons with Alzheimer's disease and their family caregivers. The grant, written in collaboration with the University of Southern Maine, Muskie School of Public Service, and was awarded as a result of a competitive process, began July 1, 2004.

The first year of the grant totals \$440,599 with increases projected in year two and three. The funds will be used to increase access to an array of services provided to caregivers of people with Alzheimer's disease in rural Maine. Activities include: expanding a pilot caregiver companion program to additional rural areas and adding mental health; end of life care and hospice referral services for clients/families affected by Alzheimer's disease, who are served by the Home and Community Based Service System and area agencies on aging. A focus will be on supporting direct care workers including the provision of funds to help support the work of Maine Personal Assistance Services Association (Maine PASA).

Grant funds will allow the Maine Alzheimer's Project to venture into new areas such as developing training programs on end of life care for persons with dementia, which up until now has received little attention. A new focus will be on providing mental health and other supportive services to caregivers of persons with dementia.

These funds will enable the state and University partnership to collaborate with others on this important work, including the Maine Hospice Council, the Maine Alzheimer's Association, and other agencies working in community-based care.

Save these Dates: September 25 and 26, 27, 28

(see pages 4 and 5 for details):

- **6th Annual Mature Lifestyle Expo Conference**
- **2nd Annual *Excellence in Long Term Care* Conference**
- **Consumer Protection and End-of-Life Care Conference**

Education for Professionals Supporting Family Caregivers

The American Society on Aging (ASA) Online Education

The American Society on Aging (ASA) will present a web seminar, which will address some of the major issues faced by caregivers and ways that professionals can address them effectively.

■ *Family Caregiving: Current Challenges for a Time-Honored Practice*

(Web seminar) September 21

10:00 AM Pacific time/1:00 PM Eastern time.

Beginning on Wednesday, September 22, the program will be available on demand (24 hours a day). Presenters: Kathleen Kelly, MPA, Executive Director, Family Caregiver Alliance, San Francisco, CA; Helene Ebenstein, MSW, Coordinator, CAPP Caregiver Resource Center, Mount Sinai Hospital, New York, NY; Carol Levine, MA, Director, Families & Health Care Project, United Hospital Fund, New York, NY.

This session will focus on some of the dilemmas and opportunities facing clinicians who work with family caregivers in today's resource-constrained health care and social service systems. After an introduction about the challenges faced by caregivers today that were not known only a few decades ago, three areas will be featured: how to help family caregivers self-identify and take advantage of available resources; the spiritual gifts and burdens of caregiving, and the use of the Internet as a resource for caregivers.

Caregiving Awareness through Resources and Education for Professionals C.A.R.E.-Pro is a cooperative agreement between the American Society on Aging and the Administration on Aging. Through this agreement ASA is collaborating with the American Nurses Association, the American Occupational Therapy Association, and the National Association of Social Workers to increase the skills and knowledge of those who are providing support for family caregivers. As part of this project, ASA and its organizational partners have developed this series of web events on meeting the needs of family caregivers.

ASA Web seminars provide a convenient way to get education on issues related to aging at a cost that agencies and individuals can easily fit into their budgets. Professionals in the field of aging or anyone whose work affects older adults will find a wealth of educational opportunities online through Web seminars from American Society on Aging (ASA). Continuing education credit is available.

For more information on the C.A.R.E.-Pro project, please visit www.asaging.org/care-pro. To register for the C.A.R.E.-Pro seminars and to see a list of web seminars available on demand, visit www.asaging.org/webseminars.

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Best Friends™ Training Update

The Best Friends™ Training Program concluded this year's activity with a statewide liaison meeting held at the Cohen Center in Hallowell on June 18. Thirty-five liaisons from throughout the state met to share their experiences regarding the implementation, and to learn skills and techniques helpful in caring about individuals with Alzheimer's disease and/or dementia.

A presentation was provided by Glen Ridge regarding their implementation of a leadership program that incorporated the Best Friends™ principles and values. The enthusiasm of staff about the positive outcomes of implementation efforts was impressive. Liaisons left the meeting proud of their accomplishments, pleased with new information acquired, and energized to continue their implementation of the Best Friends™ Approach.

We are pleased to announce that our proposal to present at "The Changing Face of Aging" Conference, jointly sponsored by the American Society on Aging and the National Council on the Aging, has been approved. A mini-workshop will be presented with David Troxel and Virginia Bell (co-founders of the Best Friends™ Approach to Alzheimer's Care and co-authors of four books about the approach) in March of 2005. It will be the first national presentation about the person-centered training and implementation project established to enhance long-term care in Maine. The presentation will include information about the development of the project, data regarding the completed trainings, outcomes of the trainings, and anecdotes about training and implementation experiences.

Below please find the training schedule. Some arrangements have not been finalized so please contact Jan Halloran at 287-9233 for further information about the listed trainings or to find out if a training will be scheduled in your area.



Best Friends™ Training Scheduled

- Farmington: Sandy River Center for Healthcare and Rehabilitation Center October 21, November 4
- Augusta: Department of Health and Human Services October 2
- Lincoln: Penobscot Valley Hospital October 23
- Madison Area: Training to be offered by Senior Spectrum (site to be determined) October 31
- Bangor: Bangor Nursing and Rehabilitation Center
- Portland: Cedars Nursing Care Center



6th Annual Mature Lifestyle Expo

September 24 and 25, Augusta Civic Center

Ticket locations and a full schedule of events are available by calling Senior Spectrum at: 1-800-639-1553, or online at: www.seniorspectrum.com

Senior Spectrum's 6th Annual Mature Lifestyle Expo is coming to the Augusta Civic Center on September 24 and 25.

More than 100 exhibitors will be represented at the Expo, ranging from Amtrak Downeaster Passenger Rail to Sparkes Hearing Services. Exhibitors will offer choices and answers to visitors' questions regarding health, travel, hobbies, family caregiving, as well as having fun prizes and giveaways. There will also be live entertainment and speaker presentations.

MaineGeneral Health will be offering cholesterol, bone density, and balance screenings. Additionally they will demonstrate physical fitness and flexibility exercises people can do within their own home. Other exhibitors will also provide free health screenings to help visitors uncover unknown medical problems in time to seek early medical treatment.

Saturday, the 25th is dedicated to Family Caregivers. Getting time away and time to yourself is essential to the health and well being of the caregiver. There will be an opportunity to relax and watch Trish Phair of the Manchester YMCA teach a wonderful and easy exercise routine. Listen to Ed Latham and have a chance to laugh and enjoy his own style of caregiving. Then join Present Company to sing along or just listen to their wide variety of music and delightful harmony. This takes place from 10 AM - 1 PM, center stage at the Civic Center. The Family Caregiver staff from Senior Spectrum and the other state programs would enjoy meeting you.

Admission is free if you pick up a ticket in advance at more than 80 locations. Admission without a ticket is \$3.00 at the door.

A Listening Conference

Consumer Protection and End-of-Life Care

Tuesday, September 28, Samoset Resort, 8 AM - 4:30 PM

Presented by: Maine's Office of the Attorney General and the Maine Hospice Council, the conference will include: Consumer Presentations; Panel Discussions; Action Plan; Reception to follow.

The goal of this conference is to encourage the elimination of barriers to obtaining quality care at the end of life. We will bring together consumers, scholars, clinicians, government officials and others with the expertise and ability to affect and change public policy in this critical area.

For details and to register go to: www.maine hospice council.org

2nd Annual “Excellence in Long Term Care” Conference

Monday, September 27, Augusta Civic Center

8:00 AM – 3:30 PM — Conference

4:00 PM – 6:00 PM — Maine PASA Reception

You are invited to a special event for long term care and support staff in Maine!

The second annual *Excellence in Long Term Care* Conference takes place Monday, September 27 at the Augusta Civic Center from 8:00 AM – 6:00 PM. The Conference itself runs from 8:00 AM through 3:30 PM, following by the Maine Personal Assistance Services Association (Maine PASA) Reception.

Sponsors for this year’s event include: Maine Long-term Care Ombudsman Program, Maine Health Care Association, and the First Atlantic Corporation. Co-Sponsors include: Home Care Alliance of Maine and the Maine Personal Assistance Services Association.

The program offers a day for direct care, direct support and personal assistants to gather and be recognized. Here are some of the highlights:

- The keynote speaker, Robyn Stone, PhD is a national leader for quality jobs and quality care.
- The Maine PASA booth and the Our Stories project will be on display with Maine PASA materials and treats!
- The conference workshops include a range of topics for you and your co-workers to enjoy and learn together!
- The recognition luncheon will be a chance to celebrate direct care and support work!

This program has been approved for a total of 5 credit hours from the Maine Nursing Home Administrators Licensing Board.

For registration information go to: www.maine pasa.org/events.htm. To apply for a scholarship to cover the \$20 conference fee (Scholarships are available on a first come first serve basis.) call Maine PASA toll free, 1-800-268-6612.

A day for direct
care, direct
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Medicare Demonstration to Cover Drug Payments

Under the Medicare Replacement Drug Demonstration, Medicare will pay for certain drugs that replace other drugs that are currently covered under Medicare Part B. This includes certain drugs for rheumatoid arthritis, multiple sclerosis, cancer, and other serious diseases. Up until now, some of the drugs that treat these conditions were only covered under Medicare when provided in a doctor's office.

- The person must have Medicare Parts A and B and Medicare must be their primary insurance. They must not have any other insurance that has comprehensive drug coverage (such as MaineCare, TRICARE or certain other group health plans.).
- The program will only pay for specific drugs used to treat specific illness. The physician will need to certify a need for the drug.
- "Replacement" refers to the fact that the drugs covered by the program are replacing drugs received in a medical office 'incident to a physician service' and covered by Medicare Part B. The drug is an alternative (or replacement) to an office-administered drug.
- A network of pharmacies and mail order option will be available.

For more information call or visit:

- Centers for Medicare and Medicaid Services at: www.medicare.gov or call: 1-800-MEDICARE (1-800-633-2273)
- Bureau of Elder and Adult Services: www.maine.gov/dhs/beas or call: 1-800-262-2232

Applications are being accepted through September 30, 2004.

Worksheet Helps Determine Drug Payments

You may be able to get \$600 from Medicare in each of 2004 and 2005 to help pay for your prescription drugs. Fill out the worksheet below to find out if you are eligible.

WORKSHEET:

- ☐ **Yes** — I have Medicare Part A and/or B.
- ☐ **Yes** — My total yearly income is less than \$12,569 (\$16,862 for a couple).
- ☐ **Yes** — I do not have drug coverage through MaineCare (Medicaid), TRICARE for Life, Federal Employees Health Benefits Plan or a retiree plan.

If you've checked all 3 boxes, you may be eligible!

Note: If your annual income is more than the amounts above but less than \$13,476 (\$18,072 for a couple) and you have little savings, you may be eligible for a program that pays your monthly Medicare Part B premium (\$66.60/month) and maybe more.

Call the State Health Insurance Assistance Program (SHIP) at 1-877-353-3771 to get more information about Medicare and other benefits to help reduce your out-of-pocket medical costs. SHIP is sponsored locally by Maine's area agencies on aging and Legal Services for the Elderly.

Calendar of Events

September

■ **September through November: *Understanding Alzheimer's Disease and Other Dementias***, free 6-week series for family and friends of people with Alzheimer's disease, sponsored by Glenridge and the Alzheimer's Care Center. 6:30 PM -8:30 PM, City Center Auditorium, **Augusta**. (see back page for details) FMI: 626-1770.

■ **September 27: *Excellence in Long Term Care Conference: An Event to Recognize Direct Care Staff and Direct Support Staff***, featuring Robyn L. Stone, Ph.D. with a keynote: "Better Jobs, Better Care." (see page 5 for details) 8:00 AM - 3:30 PM, Civic Center, **Augusta**.

October

■ **October 23: "The Family Workshop: Caring for a Loved One with Dementia."** Join other families to explore the day-to-day experience of caregiving and learn practical strategies for making things easier on you and your loved one. Facilitated by Lucie Arbuthnot, Maine Alzheimer's Association, 9:00 AM - 2:30 PM, **Portland**, location TBA. No charge, but advance registration is required. FMI: 800-660-2871.

■ **October 30: "The Family Workshop: Caring for a Loved One with Dementia."** (see above) 9:00 AM - 2:30 PM, United Methodist Church, **Brunswick**. No charge, but advance registration is required. FMI: 800-660-2871.

November

■ **November 13: "Maintain Your Brain"** presented by Lucie Arbuthnot, Maine Alzheimer's Association and "**Memory Loss: The Importance of Medical Assessment and Treatment Options**" presented by Dr. Penny Lamhut, Geriatrician at the Westgate Manor Open House and Health Fair, 1:00 PM - 4:00 PM, **Bangor**. FMI: Kristie Miner, 942-7336.

December

■ **December 14: "The Family Workshop: Caring for a Loved One with Dementia."** (see above) 9:00 AM - 2:30 PM, **Portland**, location TBA. No charge, but advance registration is required. FMI: 800-660-2871.

Staff Training

■ **Alzheimer's 101: Understanding the Basic Elements of Good Care**

This workshop is for staff, in any setting, who provide care to people with Alzheimer's disease or a related dementia. Topics include: an overview of the disease; communication; the importance of knowing the person behind the disease; and successful approaches for challenging behaviors. This program fulfills 4 of the 8-hour pre-service training for dementia staff as required by DHS.

Faculty: Lucie Arbuthnot or Liz Weaver,
Maine Alzheimer's Association

Cost: \$20 (members), \$25 (non-members)
Pre-registration and payment in advance required. Minimum enrollment required to hold the class

To Register and FMI: 800-660-2871

- **Location:** **Portland**, 163 Lancaster Street (Chapter Office), 8:30 AM – 12:30 PM

- **Dates:** Wednesday, October 6; Thursday, December 2; Wednesday, February 2; Wednesday, April 6; Tuesday, June 7

- **Location:** **Bangor**, Elder Independence of Maine, 81 Main Street, 8:30 AM – 12:30 PM

- **Dates:** Thursday, October 14; Tuesday, December 7; Thursday, February 10; Thursday, April 14; Thursday, June 9

■ **Caregiver & Family Education**

Getting Started: When the Diagnosis is Dementia

This program is for family members, caregivers and friends of persons with Alzheimer's disease or a related dementia. Topics include: an overview of Alzheimer's disease and other dementias; steps to take now to plan for the future; what to expect and how to cope as the disease progresses; how to find and use community resources.

Format: Informal presentation with time for participant questions.

Faculty: Maine Alzheimer's Association staff

Cost: No charge, pre-registration is required

To Register and FMI: 1-800-660-2871

- **Location:** **Portland**, 163 Lancaster Street (Chapter Office), 2:30 PM - 4:30 PM

- **Dates:** Tuesday, October 12; Tuesday, November 2; Wednesday, December 1; Tuesday, January 4; Tuesday, February 1; Tuesday, March 1; Tuesday, April 5; Tuesday, May 3; Monday, June 6

- **Location:** **Bangor**, Elder Independence of Maine, 81 Main Street, 3:00 PM - 5:00 PM

- **Dates:** Wednesday, October 13; Monday, December 6

Understanding Alzheimers Series Offered for Family and Friends

Understanding Alzheimer's Disease and Other Dementias, a free 6-week series for family and friends of people with Alzheimer's disease, is being sponsored by Glenridge and the Alzheimer's Care Center. The discussions are being held Mondays, September through November, 6:30-8:30 pm, in Augusta's City Center Auditorium. FMI: 626-1770.

- September 27: *An Introduction — Working Through the Stages*
with Dr. Karen Gershman
- October 4: *Alzheimer's Disease — Now What? Diagnosis and Treatment*
with Dr. Janis Petzel
- October 18: *Cognitive Losses and Communication*
with Jane O'Rourke and Joyce Hemeon, Alzheimer's Care Center
- October 25: *Environmental Influences and Safety Factors*
with Liz Weaver, Maine Alzheimer's Association.
- November 1: *Demystifying the Legal Aspects of Aging*
with an Elder Law Attorney TBA
- November 8: *What Resources Are Available?*
with Diane Libby Gilbert, LCSW and Sabrina Vasoll, LSW

Please note: If you want to be taken off our mailing list or would like to add someone, please contact Patricia Nocera at 228-8189, or email: patn@usm.maine.edu or Mark Richards at 780-4527 email: markr@usm.maine.edu



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Muskie School of Public Service

P.O. Box 9300
Portland, Maine 04104-9300

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